User Manual

SPINAL STRETCH™

Portable Back Pain Relief

From the Inventor

For nearly 30 years Dr. David Starr, DC has been treating back pain sufferers at his **Beach Cities Spine Center** *in Redondo Beach, California.*

Thanks for trying *Spinal Stretch* – the world's most cost-effective and convenient way to stretch and decompress your lumbar region (low back).

The idea for *Spinal Stretch* was born after spending more than a decade studying the works of the world's greatest spine researchers.

Among these brilliant minds was *'Neurosurgeon of the Year'* Charles Burton, M.D., whose research showed that frequent stretching of the low back (decompression) with a continuous pull of at least 25% of one's body weight had many beneficial effects including:

- *Substantial pain relief.*
- *Kept 70% of 'surgical candidates' from needing surgery.*
- *Has the potential to regenerate the lumbar discs.*
- *Provides a patient satisfaction rate of 80%.*

The only problem was, no one had been able to design a decompression device that followed Dr. Burton's protocols yet was portable, easy to use, and – most of all – affordable.

It was a challenge I couldn't resist, and after several years of tinkering the *Spinal Stretch* emerged.

Hundreds of my own patients have benefitted from *Spinal Stretch* through the years and I'm hopeful it can provide relief for you as well.

I'd like to express my gratitude to Dr. Burton and also to the late William Kirkaldy-Willis, M.D., whose pioneering research into the root cause and treatment of back pain provided the inspiration for *Spinal Stretch*.

Thanks again for giving *Spinal Stretch* a try. I hope you can let me know how it works for you.

David Starr

Dr. David Starr, DC
StarrDC@spinalstretch.com

The Spinal Stretch

Instructions

The *Spinal Stretch* is simple to use, however to receive maximum benefit you must carefully follow the instructions. Please also watch the instructional video contained on the DVD, which is also viewable at *spinalstretch.com*. The most important thing to keep in mind when using *Spinal Stretch* is to DO IT SLOWLY. If you increase the pull too quickly your back muscles may actually tense and fight the pull, which can greatly reduce the effectiveness.

1. Open the ratchet by pulling back.

2. Using both hands, fully extend the strap while pulling on the red release lever (*must* do before every usage).

3. Close the ratchet.

4. Insert the anchor in the door jamb above the lowest hinge, then close the door.

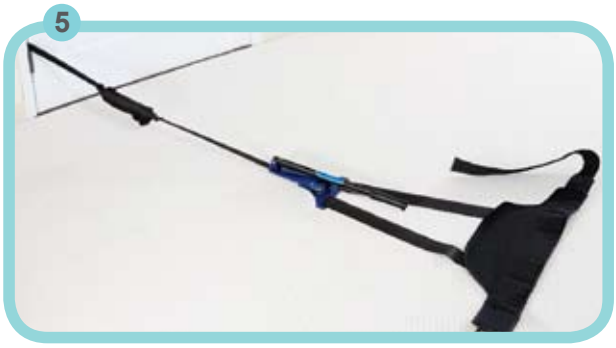
Or use the optional eye-hook, mounted to a wall stud. (for high-frequency users).

WARNING:

Make sure to release the strap and extend fully before each usage. Failure to do so may cause the strap to jam into the ratchet. Continued cranking of the ratchet may cause the strap to break. Please remember the ratchet should always move freely. Never try to force it.

Instructions

5. Spread out the *Spinal Stretch* on a carpet or rug. If you don't have carpet then a rubber-backed throw rug should suffice.



6. Sit down on the waist belt while facing the door. Cinch the belt snugly over your navel, using the red velcro square to adjust the fit.

7. Center the two straps under each buttock, and then scoot back until the straps are tight.

Instructions

8. Push the yellow button (a) to extend the telescoping pole.

9. Bend your knees to reduce lower body friction. Rest one arm on the floor to increase upper body friction. Slowly pull the handle up toward your chin and then down again. Continue to slowly increase the pull until your shoulders begin to slide toward the door.

10. Rest and hold the position for 15-20 minutes. Relax your entire body and feel the soothing pull. Should the tension decrease at any time simply give the handle another pull. If you feel any pain or discomfort stop immediately.

Note: *For greater friction and pulling force use the optional chest belt (not shown).*

Frequently Asked Questions

For a more complete list visit *spinalstretch.com*

How often should I use *Spinal Stretch*?

Recommended usage is 15-20 minutes once or twice daily, depending on your level of pain. After the pain has been reduced you can continue to use it daily for preventive care, or only on those occasions when the pain flares up.

How soon should I expect results?

Your back pain took many years to develop so please don't expect an overnight cure. While many users report dramatic relief within a week the normal period is 3-4 weeks.

Is *Spinal Stretch* safe?

When used properly there is little chance of injury, as the pulling force cannot exceed a very safe 30-40% of your body weight. Any attempt to exceed that amount will simply result in your body sliding on the carpet.

Can I use it anywhere?

For best results *Spinal Stretch* should only be used on a carpet or rug, which provides friction to prevent excessive sliding. If you don't have carpet then a rubber-backed throw rug should suffice.

Can *Spinal Stretch* help upper back or neck pain?

Unfortunately not. *Spinal Stretch* is designed to help low back ailments related to spinal compression, including *sciatica, spinal stenosis, facet joint syndrome, herniated and bulging and degenerated discs,* and *spasms*.

Are there any medical conditions which should avoid *Spinal Stretch*?

Do not use *Spinal Stretch* if you have any of the below conditions. If you are unsure consult with your medical professional.

- *Spinal fractures*
- *Unstable spondylolisthesis (typically grade 2 and above)*
- *Gross osteoporosis*
- *Cancers or tumors of the spine*
- *Surgical hardware*
- *Pregnancy*
- *Recent disc surgery (less than 6 months)*
- *Patients under age 15*
- *Severe bony stenosis*
- *Infections of the spine*
- *Aortic aneurysm repair*
- *Inability to lie flat*
- *Acute trauma of the spine*

The 'Gravity' of the Situation

Why Spinal Stretch™ Works

Spinal Stretch™ *administers a therapeutic pulling force that can relieve lumbar pain and promote restorative disc healing.*

When it comes to low back pain, precious few people understand the *gravity* of the situation.

There are many causes of back pain but the most common one is none other than the Earth's gravity.

In fact, every waking moment of your life gravity is compressing your spine, particularly the sponge-like tissues known as *spinal discs*.

The only time gravity relaxes its grip is when you sleep at night. This approximate eight-hour period gives your horizontal spine the time to 'unload' and allows your thirsty discs to reclaim precious moisture that was squeezed out during a long day of standing and sitting.

After decades of waging this daily battle of dehydration/rehydration gravity usually wins the war, leaving your discs thin, dry and brittle. It also leaves your stature considerably shorter by the time you reach your golden years.

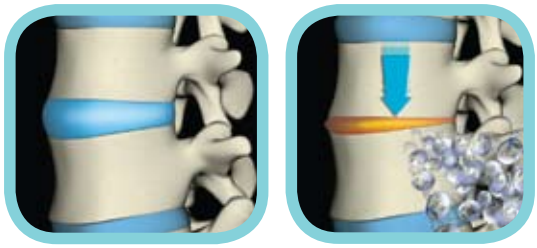
Disc dehydration can also lead to a wide range of painful ailments including *sciatica, stenosis, muscle spasms, degenerative disc disease, pinched nerve roots, herniated disc, facet syndrome* (vertebrae jamming) and more. In many cases the cause of the pain is difficult to diagnose – the sufferer just knows that their back hurts.

Spinal Stretch uses a unique therapeutic technique known as spinal decompression to counteract gravity, increase the space between the vertebrae, and bring relief to the lumbar region.

Among the first researchers to recognize the beneficial effects

The 'Gravity' of the Situation

Why Spinal Stretch™ Works



A healthy spinal disc is like a wet sponge–plump and filled with water. Over a period of many years gravity can make them thin and dry.

of spinal decompression was Charles Burton, MD., a renowned spine surgeon and the former Chairman of the U.S. Food & Drug Administration (FDA) Advisory Panel on Neurological Devices.

On his respected website *burtonreport.com* Dr. Burton writes, *'Intermittently decompressing the spine increases the flow of water and nutrients into the discs, reverses the degenerative process and begins to reverse disc protrusion and progressive scoliosis.'*

Spinal Stretch provides a pulling force equal to that recommended by Dr. Burton. And the optional chest belt can increase the pull by an additional 20%, which many users feel enhances their therapeutic benefits.

The late William Kirkaldy-Willis, MD, editor of the landmark textbook *Managing Low Back Pain*, is credited with discovering the *Degenerative Cascade*, which offered the first comprehensive explanation of how the lumbar spine breaks down. Dr. Kirkaldy-Willis wrote: *'The cumulative effect of prolonged sitting can lead to dehydration and degeneration of the disc. Recent information suggests that if the normal lumbar spine is not unloaded at least once a day, cumulative and irreversible injury to the cell matrix takes place.'*

The pioneering research by Burton and Kirkaldy-Willis provided the inspiration for *Spinal Stretch*, which holds the promise of making preventive spine care as simple and commonplace as preventive dental care (ie, brushing your teeth).

In a society where over 30% of people currently suffer from back pain, and over 80% will experience such pain in the future, the potential significance of a device such as *Spinal Stretch* cannot be overestimated.

Thank you for trying *Spinal Stretch*. May it long play an important role in your regimen for good spinal health!

RETURN POLICY
Spinal Stretch offers a 45-day full money-back guarantee (less shipping & handling). Should you decide to return it please visit *spinalstretch.com/returns* for instructions. Be sure to keep all original packing materials along with your proof of purchase.

LIMITED WARRANTY
Spinal Stretch is guaranteed to be free of defects for one year from date of purchase. Should a defect occur WelCom Relief Inc. will repair or replace the device at no charge (other than shipping & handlng). This warranty does not cover misuse or damage by shipper.

QUESTIONS?
Write to us at *customerservice@spinalstretch.com.*

SPINAL STRETCH™
Portable Back Pain Relief

WelCom Relief Inc.
24594 Hawthorne Blvd.,Torrance, CA 90505
spinalstretch.com

FDA Registration No.: 3007800686
Member: MDMA (Medical Device Manufacturers Assoc.)